

PARTICIPANT GUIDE

photos courtesy of stpete.org

NOVEMBER 16-18
2018



HALF MARATHON  **10K**  **KIDS**  **5K**



WELCOME

On behalf of the St Pete Run Fest Crew, the City of St Petersburg, and our local partners, we want to say “welcome” to the St Pete Run Fest!!

There is so much to love about St Pete, and whether you're a local, or coming from afar, we hope St Pete Run Fest offers you a unique way to experience our city. With run courses that highlight the eclectic downtown districts and colorful murals, as well as the beautiful waterfront, we want you to see the varied facets of St Pete.

There are many wonderful “homegrown” events here in St Pete, and we are excited to weave St Pete Run Fest into the fabric of our culturally vibrant city. The outpouring of support from the City of St Petersburg leadership and staff, local businesses, and the running community has been incredible. We are so grateful to everyone who continues to champion this event.

And to you, our participants, we thank you for your trust and your support of this event, and hope that you will return for many years to come!

Keep on Running!
The St Pete Run Fest Crew



LOCATIONS

EXPO AND MARKET

Mahaffey Theatre Plaza
230 1st St SE
St Petersburg, FL

PACKET PICK-UP & REGISTRATION

Mahaffey Theatre Ballroom & Colonnade
400 1st St SE
St Petersburg, FL

START/FINISH & ATHLETE VILLAGE

Albert Whitted Park
480 Bayshore Dr SE
St Petersburg, FL



SCHEDULE OF EVENTS



FRIDAY-NOVEMBER 16TH

EXPO

3:00pm-6:00pm
Mahaffey Theatre Plaza

PACKET PICK-UP (ALL EVENTS)

3:00pm-6:00pm
Mahaffey Theatre Ballroom

SATURDAY-NOVEMBER 17TH

5K PACKET PICK-UP

6:00am-7:45am
Mahaffey Theatre Colonnade(outside)

5K RACE START

8:00am
Bayshore Drive near Dali

EXPO

6:00am-4:00pm
Mahaffey Theatre Plaza

5K AND PELIKIDS POST-RACE PARTY

8:00am-Noon
Athletes' Village at Albert Whitted Park

PELIKIDS PACKET PICK-UP

9:00am-10:15am
Mahaffey Theatre Plaza

PELIKIDS RACE START

10:30am
Bayshore Drive near Dali

PACKET PICK UP (HALF MARATHON AND 10K)

10:00am-4:00pm
Mahaffey Theatre Ballroom

SUNDAY-NOVEMBER 18TH

HALF MARATHON RACE START

7:00am
Bayshore Drive near Dali

10K RACE START

8:00am
Bayshore Drive near Dali

10K & HALF MARATHON POST-RACE PARTY

8:30am-1:00pm
Athletes' Village at Albert Whitted Park



ENTERTAINMENT SCHEDULE



FRIDAY NOVEMBER 16

3pm-6pm	Expo Open	Mahaffey Theatre Plaza
3pm-6pm	Packet Pick-Up	Mahaffey Theatre Ballroom
3pm-6pm	Music with the Urban Gypsies	Mahaffey Theatre Plaza Stage
3pm-6pm	Luminaria lighting	Bayshore Drive
6:00pm	Start Line cutting	Start line on Bayshore Drive
6:15pm	Group Run	Start line on Bayshore Drive
7:00pm	Yoga with Body Electric	Mahaffey Theatre Plaza

SATURDAY NOVEMBER 17

6-7:45am	5K Packet Pick-Up	Mahaffey Theatre Colonnade
6am-4pm	Expo Open	Mahaffey Theatre Plaza
7:15-7:45am	Tampa General Hospital Warm Up	Mahaffey Theatre Plaza Stage
8:00am	5K start	Start line on Bayshore Drive
8am-12pm	Music with the Urban Gypsies	Main Stage in Athletes' Village
8am-12pm	Fritzy the One Man Circus	Athletes' Village
8am-10am	Circus Arts	Mahaffey Theatre Plaza
9-10:15am	PeliKids Packet Pick-Up	Mahaffey Theatre Plaza
9-9:30am	Yoga with Body Electric	Back 2 Normal Recovery Zone
9:30am	5K Awards	Main Stage in Athletes' Village
10:20am	Mascot Race	Start Line on Bayshore Drive
10:30am	PeliKids Race	Start Line on Bayshore Drive
3pm	Yoga with Body Electric	Back 2 Normal Recovery Zone

SUNDAY NOVEMBER 18

6:15-6:45am	Tampa General Hospital Warm Up	Mahaffey Theatre Plaza Stage
7am	Half Marathon start	Start Line on Bayshore Drive
7am-11am	Fritzy the One Man Circus	Athletes' Village
7am-9am	Circus Arts	Athletes' Village
8am	10K Start	Start Line on Bayshore Drive
9:30am	Awards	Main Stage in Athletes' Village
10-10:30am	Yoga with Body Electric	Back 2 Normal Recovery Zone

PACKET AND BIB PICK UP

PACKET PICK-UP PROCEDURES – Mahaffey Theater Ballroom/Colonnade

****PHOTO ID REQUIRED****

- Participants are required to bring a **Drivers License or Photo ID** when picking up their packet. Children under the age of 16 do not need a photo ID.
- Each participant may also bring a copy of your race confirmation for reference, but it is not required.
- You will be assigned and given a **BIB with the B-Tag timing chip** already affixed to the back. Your bib also includes tear-off stubs for drinks, food, and Kahwa Coffee. Please leave these attached until you are ready to use them.
- You will be given your **Official Race Shirt** in the size you ordered when you registered. Shirt sizes cannot be changed at packet pick-up, as they were ordered based on what you chose when you registered. You can swap with another participant directly or wait until the end of packet pick-up to switch.
- You will also receive your **Reuseable Eco Tote, compliments of Visit St Pete Clearwater**, to collect samples and coupons at Packet Pick-up and at the Expo. This bag can also be used for Bag Check on Sunday.
- At the exit you will **SCAN** your timing chip to make sure your chip is correctly assigned to you, and that your name and birth date are correct.
- **Stingray Double Play** participants will receive ONE Stingray Double Play Bib/chip, and 2 shirts. The same bib/chip will be used to time both the 10K and 5K races. There will be 2 rows of tear stubs on the bottom to redeem for food and drink each day. Please keep your Bib after the 5K to wear for Sunday's 10K.
- **Dolphin Double** participants will receive ONE Dolphin Double Bib/chip, and 2 shirts. The same bib/chip will be used to time both the Half Marathon and 5K races. There will be 2 rows of tear stubs on the bottom to redeem for food and drink each day. Please keep your Bib after the 5K to wear for Sunday's Half Marathon.

PELIKIDS PACKET PICK-UP – Mahaffey Theatre Plaza

- Kids under the age of 16 **DO NOT** require a photo ID.
- Kids will receive their official run BIB and PeliKids t-shirt.
- Participants who have completed the Marathon Challenge, and present their Marathon Challenge tracker at packet pick-up receive a special keepsake.
- While we don't recommend that parents run with their child – this is **THEIR** race, after all – we do understand that some kids need the guidance and support of a parent on the course. Parents who wish to run with their child may sign a paper waiver and receive a special "Fan of a PeliKid" BIB at no charge.
- Kids will receive their finishers medal at the finish line.

CHRONOTRACK B-TAG TIMING TECHNOLOGY & RESULTS

ChronoTrack Systems™ B-Tag™ is a disposable RFID tag that adheres to the back of the participant's race number to record their time. Your chip will be recorded by timing mats at the start line and finish line.

In order to receive an accurate time, please confirm your bib is:

- Clearly visible on the **FRONT** of the torso.
- Unaltered or modified. Do not fold or wrinkle or you risk breaking the timing chip.
- Pinned in all four corners so the timing chip stays flat.
- Not covered with jackets, water bottles, etc so as not to block the reading of the timing chip.

Results will be available immediately post-race at the **RESULTS** tent at Albert Whitted Park. FITniche, the official timers, will be on hand to answer any questions or concerns about results. Official results will be posted on our website at www.stpeterunfest.org. This is a USA Track & Field sanctioned event, and official results will be submitted to USATF following the event.



CHALLENGES



CHALLENGE RUNNERS WILL RECEIVE ONE BIB NUMBER TO USE FOR BOTH DAYS OF RACING. PLEASE SAVE YOUR BIB NUMBER FOR SUNDAY! ON THE BOTTOM OF THE BIB, THERE WILL BE 2 ROWS OF TEAR STUBS FOR FOOD AND DRINK. USE 1 ROW FOR EACH DAY OF RACING.



WHEN YOU PICK UP YOUR BIB NUMBER, YOU'LL RECEIVE A VISIT ST PETE CLEARWATER 6 PACK HOLDER. TAKE THE EMPTY HOLDER TO THE 3 DAUGHTERS BAR, WHICH IS LOCATED NEAR

THE STAGE IN THE ATHLETES' VILLAGE IN ALBERT WHITTED PARK. THERE WILL BE A SIGN THAT SAYS "3 DAUGHTERS 6 PACK PICK UP HERE". YOU'LL BE ABLE TO FILL UP YOUR HOLDER WITH GREAT 3 DAUGHTERS HARD SELTZER!

ON SATURDAY AND SUNDAY, YOU'LL RECEIVE YOUR 5K, 10K, AND HALF MARATHON FINISHER MEDALS IN THE FINISH CHUTE. TO RECEIVE YOUR 3RD CHALLENGE MEDAL, GO TO THE VISIT ST PETE CLEARWATER AREA IN THE ATHLETES' VILLAGE AT ALBERT WHITTED PARK. VISIT ST PETE CLEARWATER WILL BE EASILY SPOTTED NEAR THE WELCOME ARCH AS YOU EXIT THE FINISH CHUTE AND ENTER THE PARK. THERE WILL BE SIGNS THAT SAY "DOLPHIN DOUBLE AND STINGRAY DOUBLE PLAY FINISHERS". YOU'LL PICK UP YOUR MEDAL THERE.

CHALLENGE PARTICIPANTS SHOULD PLAN TO PICK UP THEIR PACKETS ON FRIDAY IF POSSIBLE. IF YOU CHOOSE TO COME ON SATURDAY MORNING, YOU'LL BE REQUIRED TO PICK UP YOUR HALF MARATHON OR 10K SHIRT AFTER 10am ON SATURDAY DURING HALF MARATHON AND 10K PACKET PICKUP.

beresponsible™

BACK² NORMAL

RECOVERY ZONE

The

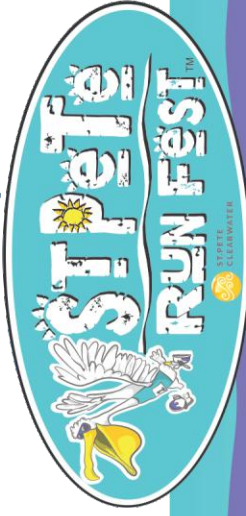
**BACK²
NORMAL** beresponsible™ **RECOVERY ZONE** offers athletes the opportunity to experience cutting edge therapy & technology to help speed healing. Services include: massage, Bemer therapy, cell signaling technology, stretching/foam roller, yoga class (see times for classes and bring your own mat), essential oils and normatec compression therapy. *When you visit the recovery zone you also receive \$10 off any in-studio service through March 31, 2019.* Visit www.back2normalpt.com to learn more about our services.

All services are first come, first serve. Once you complete your race, you can streamline your place in line, by doing the following:

1. Access the registration form by one of these 3 options-
 - o Coming to the recovery zone and using one of our handheld devices
 - o Use your own phone and go to <https://back2normalpt.com/register>
 - o Use your phone to scan this QR Code



2. Once you access the registration form, fill out your information
3. Select services (bemer, massage and stretching) you wish to participate in
4. Sign Informed Consent/Release
5. Submit registration
6. Watch for your name on TV monitor at the Recovery Zone, it will show your place in line.
7. When you see your name highlighted in red, come up to the registration desk and let our team know so you can be directed to your service provider.**Note: Your name will only stay on the list for a limited period of time and if you don't claim your spot, your name will be dropped from the list. **
8. Separate registration and consents will be required by Elite Cryotherapy (Normatec Compression therapy) and Body Electric (yoga classes)



MAP



EXPO

FRIDAY, NOVEMBER 16
3:00pm-6:00pm

SATURDAY, NOVEMBER 17
6:00am-4:00pm



RACE NUMBER PICK UP

FRIDAY, NOVEMBER 16
3:00pm-6:00pm

SATURDAY, NOVEMBER 17
6:00am-7:45am (5K only)
10:00am-4:00pm (Half and 10K)



ATHLETE VILLAGE

SATURDAY, NOVEMBER 17
During Races

SUNDAY, NOVEMBER 18
During Races

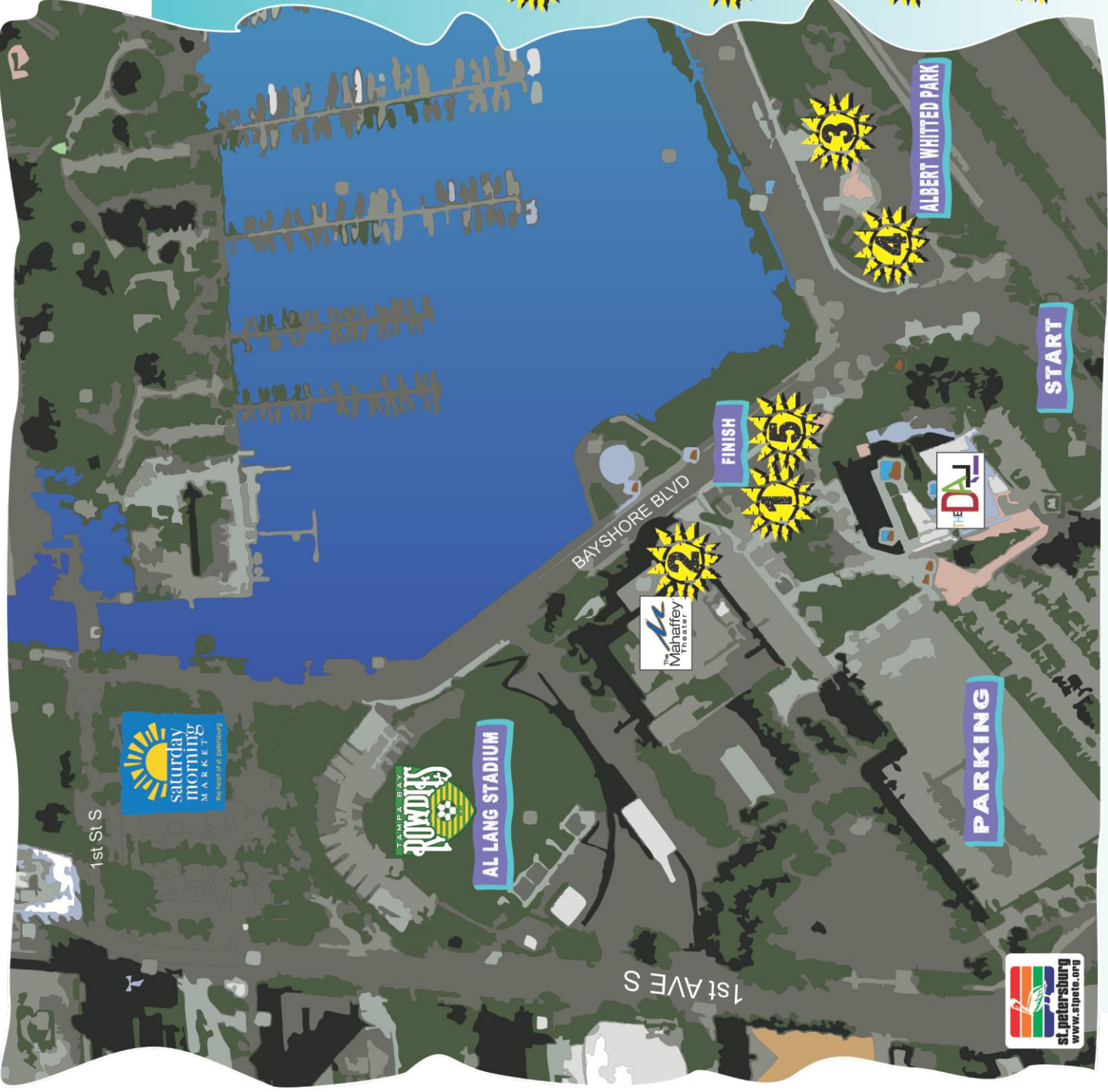


BAG CHECK

SUNDAY, NOVEMBER 18
6:30am-Noon



TEAM TAILGATING



1st St S



AL LANG STADIUM

BAYSHORE BLVD



FINISH

ALBERT WHITTED PARK

PARKING

START

1st Ave S



MAHAFFEY THEATRE PLAZA



Athlete's Village in ALBERT WHITTED PARK





COMPOSTABLE CUPS

will be used on course



RECYCLABLE CANS

instead of keg beer with plastic cups.

All beer, hard cider, hard seltzer and Mermosas will be served in recyclable cans



TERVIS TUMBLERS ECO WATERBOTTLES

instead of single use plastic bottles



ECO TOTES

instead of single use plastic bags



RECYCLABLE UTENSILS AND TABLEWARE

Sustainable ST PETE

YOU'LL RECEIVE AN ECO TOTE AT PACKET PICK UP

Please use it to shop at the Expo and for your Dry Clothes Bag Check to avoid using single use plastic bags. If you make purchases, try to get a paperless receipt.

AT THE FINISH YOU'LL GET A TERVIS TUMBLER OR ECO WATERBOTTLE

Beyond the finish line, you may fill it at the water filling station. Half Marathon and 10K participants will receive Tervis Tumblers. 5K participants will receive Eco Waterbottles. This will eliminate the need for thousands of single use plastic waterbottles.

DRINKS WILL BE SERVED IN ALUMINUM CANS, COMPOSTABLE CUPS, OR RECYCLEABLE CUPS

Please use the recycling and composting bins located throughout the site to recycle these when you're done. Our aid station cups are compostable and will be composted following the race.

FOOD WILL BE SERVED USING RECYCLEABLE TABLEWARE AND UTENSILS

Please recycle after eating. If you have leftover food, please place it in the composting bins.

FOOD WASTE COMPOSTED

Suncoast Compost will be composting food waste with multiple bins located throughout the Athletes' Village. The following will be composted: fruits, veggies, meat and bones, coffee grounds, paper filters, dairy, eggshells, paper napkins, grains, cooled oils and fats, sweets, baking ingredients, herbs and spices.

THANK YOU!

PARKING

**MAHAFFEY THEATRE
DALI MUSEUM**

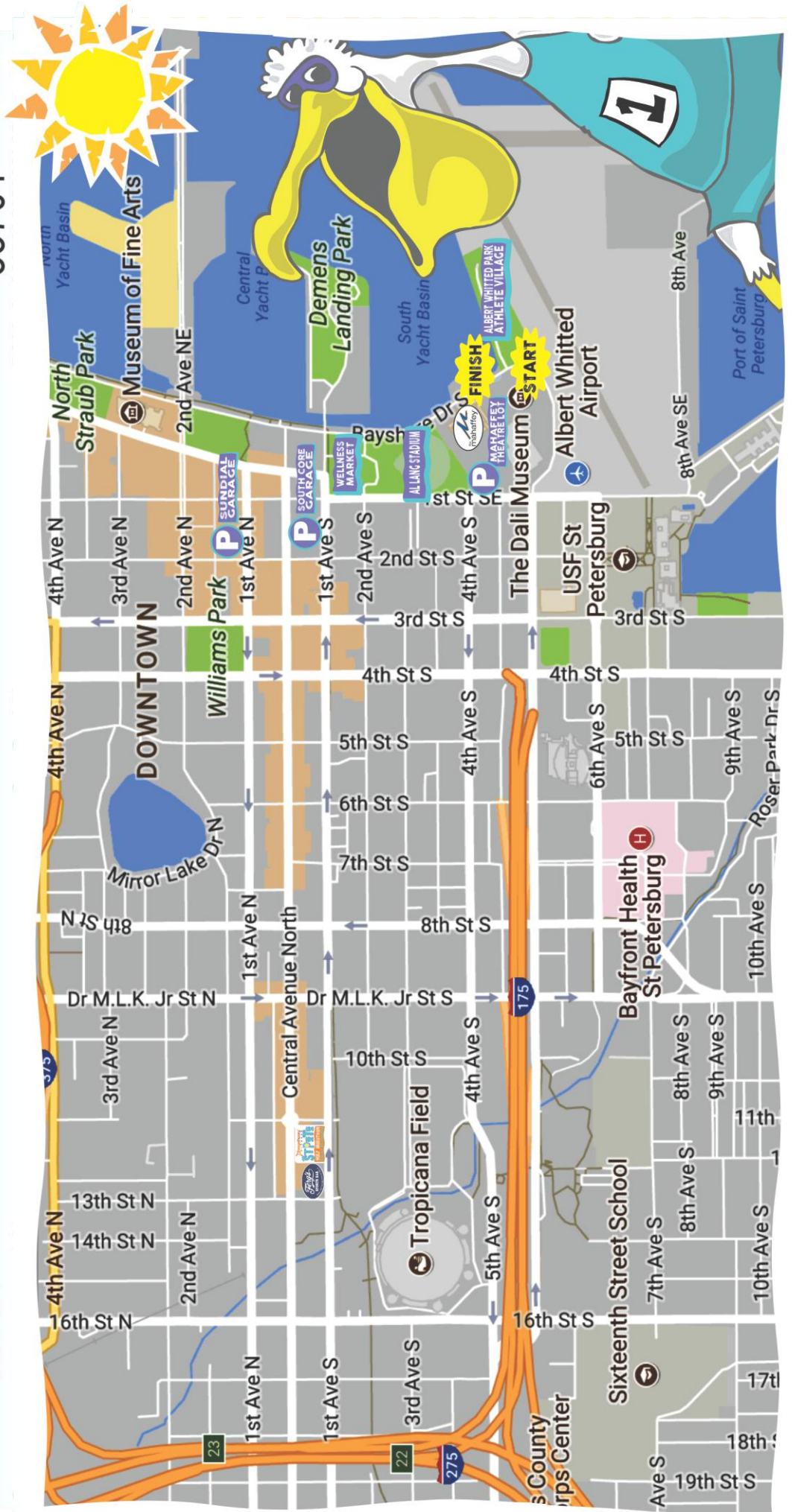
400 1st St SE
St. Petersburg, FL
33701

**SOUTHCORE
GARAGE**

100 1st Ave S
St. Petersburg, FL
33701

**SUNDIAL/BAYWALK
GARAGE**

117 2nd St N
St. Petersburg, FL
33701



PARKING INFORMATION

Mahaffey Theater/Dali Museum Parking – This surface lot and parking garage is located next to the Mahaffey Theater and the Dali Museum, just across the street from Albert Whitted Park and the start/finish lines. Race Day Parking is available for \$10. Parking is FREE for on Friday evening for packet pick up and is free AFTER 9am on Saturday for Saturday Packet Pick Up.

Directions to the Mahaffey Theatre/Dali Museum Parking

Take I-275 (south from Tampa, north from Bradenton/Sarasota) to exit 22 (I-175). Follow Route I-175 (it will become 5th Avenue South) to 1st Street South. The Mahaffey will be in front of you. Turn Left onto 1st Street South and turn right at Gate #1.

SouthCore Parking Garage—Over 1100 spaces are just across the street from the Run Fest Health & Wellness Market at Al Lang Stadium. The entry is at **101 1st Avenue S**, between 2nd and 1st Street. The cost is \$3 (on entry) on weekends. The payment machine takes credit cards as well as cash. Use the elevator in the NE corner of the building. Higher prices (\$5 and occasionally \$10) are charged when large downtown events occur.

Directions to the SouthCore garage

From the North: Going south on I-275, take the I-375 exit. Travel to the end, exiting straight onto 4th Avenue N. Turn right on 2nd Street, and travel several blocks, crossing Central Ave. Turn left on 1st Ave S. (one-way to the left) and go ½ block. Turn left into the South Core Garage entrance.

From the West: Travel east down 1st Ave South (one way to the east) to the downtown area. After crossing 2nd Street, turn left into the South Core garage entrance.

From the South: Traveling north on I-275, take the I-175 exit. Travel to the end, exiting straight onto 5th Avenue S. Turn left on 2nd Street and travel several blocks north. Turn right on 1st Ave S, go ½ a block. Turn left into the South Core garage entrance.

Baywalk/Sundial Parking Garage—Over 1300 spaces are just 2 blocks north of the Run Fest Market at Al Lang Stadium. Enter the garage at **117 2nd Street N**, between 1st and 2nd Avenue. It costs just \$1 for the first 4 hours (on weekends). A higher price (\$5 and occasionally \$10) is charged on the rare occasions that there is a large special event in the downtown area.

Street Parking – There is metered street parking within a several block radius. The meter cost varies depending on location, but range from 25¢ for 15-20 minutes, or \$0.75 - \$1.00 per hour. The meters are enforced on Saturdays in some locations. Metered parking is free on weekends in spaces located south of Central and north of 5th Ave S (1st St, west to 4th St.).

Beach Drive – We encourage our visitors NOT to park on Beach Drive, in order to leave spaces for patrons of the Beach Drive merchants/restaurants.

Handicapped Spaces – There are a small # of designated handicapped spaces just south of the Market next to the Stadium. Enter from 1st St. South.

Downtown Looper Trolley – The Looper is a Trolley service that completes a 12 stop circuit of the downtown area. It's painted to look like a trolley used decades ago. The Trolley operates from 10am – 5pm. The Trolley (heading north) stops at the Hilton hotel – which is ½ a block south on 1st Street. It also stops by the Hampton Inn – which is 1½ blocks north on 1st Street. It costs just 50¢, and it's free in a core downtown zone. Click [here](#) to see the exact route, the specific schedule and more.

We encourage local participants to carpool, bicycle, or walk if you live within walking distance.

SPECIAL THANKS TO ALL OF OUR PARTNERS

